

# SPRING INTO FITNESS!

## **JOIN US FOR THE NEXT WELLNESS CHALLENGE APRIL 8 TO JUNE 14 10 WEEK PROGRAM**

- **Individual and Group Participation**
- **City-Wide walks/runs**
- **Bike—Walk Helena Challenge**
- **On-line Fitness Aids**
- **Weekly organized events brought to you by the Wellness Committee**

**For more information or  
to register call:**

**Morgan Maynard-Dixon  
HR Benefits Specialist**

**Ex: 8333**

**[mmaynard-dixon@helenamt.gov](mailto:mmaynard-dixon@helenamt.gov)**

## **PRIZES!**

**Prizes to all  
who finish the  
10 week  
program!**

**T-shirts to all  
"Teams"  
entered in the  
40th Annual  
Governor's Cup  
(1-5  
people-team)!**

**On-going  
events to keep  
you motivated  
all year round!**

**Better health,  
wellness, and  
stamina!**

